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The Best to Our Bicentennial Grads of '76

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THE NORTH WEST TACOMA ALZENE CO. PUBLISHING FACTS

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Volume 6, Number 21 PUBLISHED WEEKLY IN TACOMA, WASH. 1019 South 12th St. 627-5597 June 9, 1976

LISTEN TO...
Right On
Heard Every Tuesday on
KVI Radio 570
2:50 am 5:50 am 11:50 am
10:50 pm 6:50 pm
the commentary of
Fitzgerald Beaver
editor & publisher

Right On...
FROM THE
PUBLISHER'S PEN

I SHALL PASS THIS WAY BUT ONCE THEREFORE ANY GOOD THAT I CAN DO OR ANY KINDNESS THAT I CAN SHOW LET ME DO IT NOW FOR I SHALL NOT PASS THIS WAY AGAIN.

Fitzgerald Beaver

BLACKS MOVE UP

MOVING UP -- Fred G. Clark, assistant secretary of labor for administration and management, congratulates Ruby Marrioneaux, on her recent promotion leading to a new career. Observing are Deloris Stevens (second from left) and Sandy Drump who are also embarking on new careers following their recent promotions. All have participated in the U.S. Labor Department's training program for its own employees called the ACT Program.

WASHINGTON -- Deloris Stevens and Ruby Marrioneaux, black employees with the U.S. Labor Department here, exemplify what personal motivation and an employee training program can achieve.

Both of these employees have received promotions and have entered new careers after participating in the department program called ACT (Administrative, Clerical and Technical).

Deloris Stevens, a former secretary, is now a program assistant with the department's Labor-Management Services Administration. She plans to continue participation in the ACT Program to advance in her new field.

She believes that the training, including how to complete job application forms and how to assess her interview behavior, were significant factors in being selected for her new job.

Ruby Marrioneaux, formerly an office management assistant, is now a management intern with the department's Occupational Safety and Health Administration.

During her year's tour as an intern she will get experience working with that agency's office of administrative programs, including personnel management, financial management and management data systems.

Stevens and Marrioneaux participated in a career development program developed for departmental employees.

The program is designed to aid those employees at the lower grade levels (GS 1-11) on a scale from GS-1 to a high of GS-18.

The program counsels employees on training needs to improve job skills to qualify for promotional opportunities in their particular field, or how to acquire skills needed to enter a new career field.

An employee development plan is developed for employees participating in the program. The plan takes into account the individual's job skills and job requirements for other positions, and establishes a realistic time frame to achieve career goals.

Generally, employees attend academic and other training courses after regular work hours.

Stevens and Marrioneaux credit the program for helping them move up the career ladder and stress that "success" calls for a great deal of individual effort and motivation.

According to Milton Blount, a 33-year-old black, who heads the ACT Program, about 2,000 employees have participated in the program since it was implemented in May 1974. The figure includes employees in Washington, D.C., and the department's ten regional headquarters.

America takes pride in celebrating her 200th birthday . . . and your graduating class of '76. Success!

Residents Urged to Fly Flags

Residents of Tacoma and Pierce County are being urged to fly their U.S. and Bicentennial flags continuously during daylight hours from June 14th, Flag Day, through July 4th as part of a nationwide Bicentennial program.

John Jarstad, executive director of the Tacoma/Pierce County Bicentennial Commission, said both the city of Tacoma and Pierce County have issued proclamations designating the "21-Day Salute" observance.

Jarstad explained the special Flag Day ceremonies will be held at noon, June 14th, on the lawn of the County-City Building, and at Cheney Stadium prior to the Tacoma Twins baseball game that night.

Ken Braga, a member of the Bicentennial Commission and an official of the Pierce County Veterans Advisory Council, is chairman of a committee arranging for the Flag Day ceremonies and the "21-Day Salute".

Braga has enlisted the assistance of the Tacoma Elks Lodge No. 174 and the National Alliance of Businessmen.

"We urge all Pierce County citizens to join us on June 14th for the kickoff ceremonies and then participate in the salute by flying the flag at their home or place of business for the 21-day period," Braga said. "Flags can be flown at night if they are continuously lighted."

The ceremony at the County-City Building will feature the raising of a new 13-star flag, 14 x 25 feet, sewn by Dorothy Curley of the American Legion Auxiliary. A similar flag sewn last year had become slightly faded after being displayed often at local and national events.

The inaugural ceremony will also feature National Guard members in colonial uniforms, a speech by Tacoma Mayor Gordon N. Johnston, and a cannon salute.

Prior to the Tacoma Twins-Sacramento baseball game at Cheney Stadium on June 14th, a special pre-game salute to Flag Day will involve Boy and Girl Scouts, Campfire Girls, the 724th Air Force Band from McChord AFB and a U.S. Marine Corps color guard in colonial uniforms.

The public is invited to participate in the events.

"The 21-Day Salute has become a national program," Jarstad said. "It has been recognized as an official event by the national ARBA and is endorsed by the Freedoms Foundation at Valley Forge.

"The special 21-day Bicentennial flag salute is being urged as a symbol of rededication to the principles upon which this nation was founded."

New Department of Veterans Affairs Begins to Form

Staffing has begun for the new Department of Veterans Affairs, which will become separated from the Department of Social and Health Services on June 24, 1976.

James Lengengelder, acting director of the Office of Veterans Affairs, announced that a selection committee has chosen twelve candidates from over 200 applicants for the position of director. These aspirants will be interviewed by a selection committee, and the final selection will be made by Govenor Dan Evans.

Other positions critical to the initial operations of the new Department will be filled by June 15th with existing staff. Approval has been given for a total of 17 positions in the headquarters of the new Department, although key appointments will be deferred to the new director.

Lengenfelder also announced that the new Department will be relocated at the Professional Arts Building in Olympia by August 1, 1976, or earlier, if space becomes available.

The Veterans Affairs Advisory Committee has expressed areas of concern to which it wishes the attention of the new Department directed. Lengenfelder stated that veterans organizations and other interested groups are also being solicited to provide similar input.

The new Department will have a total of about 345 employees.

Notice

The Eight Annual Fashion Pageant and Dance to be held by the National Association for the Advancement of Colored People at 9:00 p.m.-Until, June 12,1976, Club 565 Broadway in Tacoma. There will be music by Ready Made Family.

Donation will be $4.00 in advance or $4.50 at the door.

Malcolm X Spring Thing

The Malcolm X Spring Thing is an outdoor Disco and is coming soon. With Nola Spice of KTOY and Tom Reddick of KYAC.

The action begins at 6:00 p.m. on Saturday, June 12, 1976, at the Malcolm X Center, 17th and "K" St. in Tacoma.

Donations are 75¢, and the famous Muslim Bean Pie and other refreshments will be sold.

Everyone is invited to attend.

All proceeds benefit Muhammad's Mosque of Islam.

For information call 272-0540 or 572-3993.

$5,500 Awarded in Housing Bias Settlement

The Washington State Human Rights Commission and Pamco, Inc., a subsidiary of Washington Mutual Savings Bank, have entered into an agreement insuring equal opportunity in rental housing transactions.

The agreement provides for payment of a total of $4,500 to six complainants, who had alleged that Blacks and other minorities were being denied the opportunity to engage in real estate transactions at the Benson Hill Apartments in Renton. The apartments are operated by Pamco.

In addition, the agreement requires the posting of $1,000 for class relief, to be disbursed to minority race persons who can prove that they were denied rentals since April of 1974.

Other provisions of the agreement call for education of property management agents on laws against discrimination, posting of equal housing opportunity signs, advertising of apartment vacancies, dequarterly reports on the racial composition of tenants at the Besnon Hill Complex.

The agreement is not an admission of discrimination.

Commission Executive Secretary Bill W. Hilliard commended the Pamco management for taking positive action to ensure equal housing opportunities for all races.

our advertisers stand for QUALITY
THE FACTS

Lord, when we are wrong, make us willing to change. And when we are right, make us easy to live with.

PETER MARSHALL

Congratulations, 1976 Bicentennial graduates. You're a long time coming, but you're right on time. We've been looking forward to your arrival on the scene. We had you in mind all through the tumultuous bloody sixties. You are the ones who will inherit the equal opportunity '70's. You yourselves are reason enough to celebrate the Bicentennial.

And not only are you here at the right time - you're in the right place. You're in the Northwest, and you've got to give the devil his due, because the Northwest is a good place to be. Not only are general environmental conditions superior here, but social conditions are relatively favorable. There is no overt racial polarization here. No Boston bussing bungle. There is instead a healthy emphasis on multi-ethnicism, a recognition that variety is the spice of our city. Our schools are hurting, but we will rise to meet that challenge - and the others that will present themselves in the coming decade, because this is a progressive community.

THE FACTS Newspaper's special 32-page graduation and career edition bears this progression out. It received more support from advertisers than ever before. Ten years ago an edition of this size would have been impossible, but in this decade of equal opportunity, employers are eager to have the facts on their affirmative action positions put out front. They want the public to know that the spook who sat by the door has moved in and up. We haven't reached Nirvana yet. There is still much to be done before across-the-board social justice is achieved. But this Bicentennial class of American graduates is going to make a significant contribution to the quality of our national life. RIGHT ON!

Cultural Center to Show Special Film

The following is a schedule of films to be shown weekly at the African-American Cultural Center. All film showings will begin promptly at 7 p.m.

June 16, 1976 - In Search of a Past - A six-week visit to Ghana by three Black Washington D.C. high school students was filmed by CBS News. An effort was made to discover how pertinent Africa is to today's Black American. Through the eyes of these three Black youths, African Civilization, past and present, is explored.

June 23, 1976 - Africa An Introduction- This film is an overview of the population, climate and geography which is Africa. The Ancient Africans - This film traces the history of ancient Africa and its tribes. Nigeria: Biafra - This film recounts Nigeria's history of English colonial rule, the struggle for independence and the rise of the Ibo nation to leadership.

June 30, 1976 - Where Is Prejudice? - This film depicts a workshop of college students representing many religions and various racial groups as they bared the prejudice and bigotry that is within many people who think they are free of it. The week long confrontation took place under the guidance of Dr. Max Birnbaum, Director of the Human Relations Laboratory at Boston University.

July 7, 1976 - Still a Brother: Inside the Negro Middle Class - This is a picture of the progress of the middle class Negro. This group, which parallels the white middle class but is virtually separated, comprises around 5,000,000 people. These people are shown at work, play and home. The huge Negro market is contrasted with the limited Negro ownership. Such concepts as Black nationalism, Afro-American culture, religion, and "soul" are included.

Ronald M. Wilson is the Project Director.

Bicentennial Ball and Beauty Pageant

Mark this date on your Calendar---July 3, 1976. Come party at the Fort Lewis Main NCO Club and be a part of the Bicentennial Ball and Beauty Pageant. Seven (7) lovely ladies will compete for the honor of being Miss Bicentennial Beauty---Joyce Crosson, Miss Afro Queen 1976 will perform her skit. "We Do Have Something to Celebrate"---and FRESH will provide the funky, funky sounds for your dancing pleasure. A soul food buffet will be available with your favorite foods and your MUSIC POWER personalities will be there. The Bicentennial Ball and Beauty Pageant---Saturday night July 3rd at the Fort Lewis Main NCO Club beginning at 8:00 p.m.

Tickets are going fast at only $3.00 and are available at the Music Boutique in Tillicum, Music Menu on So. Tacoma Way and Enterprise Records, 1814 So. "K" St.

All proceeds will benefit the African American Culture Center.

Bicentennial Beauty Queen

Here's something for all the ladies: How would you like to be chosen Miss Bicentennial Beauty Queen and appear on television and radio, have your picture in the newspapers and advance your career? If that's not enough, how about some cash money? K-Sweet and the African American Cultural Center are looking for seven (7) young ladies to enter the Miss Bicentennial Beauty contest to be held at the Fort Lewis Main NCO Club on July 3rd.

All you have to do to enter is to send a picture of yourself and your name and phone number to Bicentennial Beauty Queen---%Communications and Journalism, 1016 So. "L" St., Tacoma, 98405. The address again is Bicentennial Beauty Queen, %Communications and Journalism, 1016 So. "L" St., Tacoma, 98405. Write your name and phone number on the back of your picture and you will be notified to appear for auditions to be held on June 19, 1976.

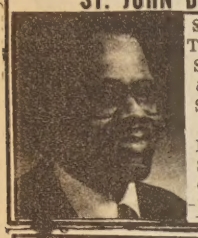
Special Meeting of Urban League

A special meeting of the Tacoma Urban League Guild (TULG) will be held June 8th, at the Esquire Resturant, 1534 Broadway, to finalize plans for a membership drive. "Friends of the Guild", to be held later this month. Chairperson is Mrs. Leola Hill.

The TULG president Mrs. Terri Cato and vice president Mrs. Irene Brown attended Portland's Urban League Guild seminar and annual "Mad Hatter Ball" last month. According to their accessment, both events were a smashing success!

Come to Church Services

ST. JOHN BAPTIST CHURCH



So. 20th & "J" St.
Tacoma, Washington
Services: 10 am, 11 am, & 7 pm. We offer Spiritual guidances and Family Counseling
Rev. J. Andrew Boles, Sr., Pastor
Office: 572-7054
Home: 564-5486

SHILOH BAPTIST CHURCH 1211 S. "I" Street

WELCOMES YOU
Sunday School 9:30am
Morning Worship 11:00am
Baptist Training Union 6pm
Evening Worship 7:30pm
Midweek Prayer Mtg 8pm
Church 272-4949
Res. 572-6299
Reverend E. S. Brazil

EASTSIDE BAPTIST CHURCH 3575 Portland

Rev. & Mrs. M.C. Connally, Jr.
Pastor's Residence Phone BR2-6415
SUNDAY SCHOOL 9:50-10:55 A.M.
SUNDAY WORSHIP SERVICE 11:00

'PENTACOSTAL' NEW COVENANT TABERNACLE

2156 So. K St. Tacoma
Sun. School/9:45am
Sun. worship/11 am
Wed. even./7:30 pm
Fri. YPC/7:30 pm
Rev. Mrs. E.E. Travis

BETHELHEM BAPTIST CHURCH 1723 So. I St

Sunday School 9:30 A.M.
Baptist Training Union 6:00P.M.
Worship Services 11:00 A.M.
7:30 P.M.
Office-272-3309
Home- 627-8721
Rev. Robert Davis, Past

CENTRAL CHURCH OF CHRIST
672-1839
1402 South L Street

Bible School	9:45 a.m.
Morning Worship	10:50 a.m.
Evening Worship	6:00 p.m.
Wednesday - Bible Class	7:00 p.m.

"Enter to Worship, Leave to Serve"
Cass Wade, Jr. - Minister

Come God will bless you.
"DOES ANYBODY STILL LISTEN?"
WE LISTEN - WE COUNSEL - WE PRAY
WITH THE SICK OR THE NEEDY WHEREVER THEY ARE
6 PM YOUNG PEOPLE WILLING WORKERS
HOUSE OF PRAYER
CHURCH OF GOD IN CHRIST
AN INTER-RACIAL MINISTRY
CLOSE TO McCHORD & FT. LEWIS
BUS - SOUTH TACOMA
IN NEED OF TRANSPORTATION TO CHURCH CALL
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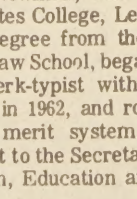
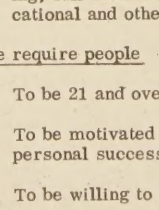
Please feel free to call upon the Pastor or Mrs. George Jackson

"TRUE VINE" Church of God In Christ
10522 Bridgeport Way
Lakewood 98499
If you need transportation call....
588-6411 or 759-0427
"Where There is No Vision.....
The People Perish"

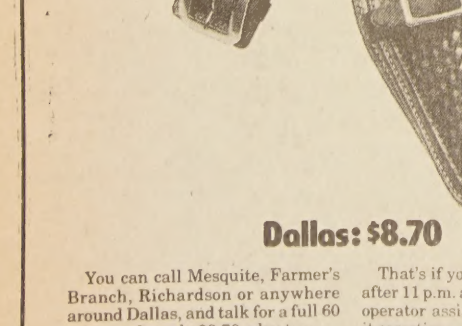


Sunday School ..... 9:30 A.M.
Morning Worship ..... 11:00 A.M.
Soul Winning Class...Wed. Nights ..7:30 P.M.
Evangelistic Services...Fri. Nights 7:30 P.M.
Sunday Night Services ..... 8:00 P.M.
Rev. Leo C. Brown, Jr., Pastor

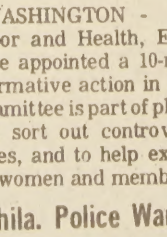
CHURCH OF GOD BY FAITH 1505 S. Fawcett



Sunday School 10:00 A.M.
Morning Worship 11:30 A.M.
Young Peoples' Meeting 5:45 P.M.
Evening Service 7:00 P.M.
Pastor: Willie Horne
Bishop: W.W. Matthews
Everyone is welcome to come worship with us.



YE BELIEVE IN GOD, BELIEVE ALSO IN ME
ST. JOHN 14 CHAP., VERSE 1
Brotherhood Church of God
SUNDAY SCHOOL 9:45-10:45 A.M.
SUNDAY SERVICE 11 A.M.
EVEN. SONG 7:30 P.M.
BROADCAST WEEKDAYS 6:30 A.M.
on KTNT-FM



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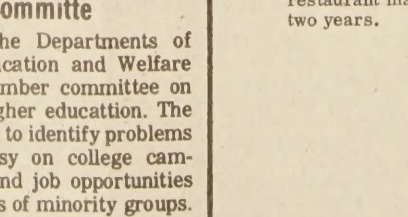

IF YOU FIND MISTAKES IN THIS PUBLICATION, PLEASE CONSIDER THAT THEY ARE THERE FOR A PURPOSE. WE PUBLISH SOMETHING FOR EVERYONE, AND SOME PEOPLE ARE ALWAYS LOOKING FOR MISTAKES !!!

Small deeds done mean more than great deeds planned.

Champagne Breakfast Held In Honor of Vernon Jordon

Tacoma was the setting for two gala events held by the Urban League Guild last weekend. On Friday, June 4th, at 10:30 p.m., a reception was held at the Doric Motor Inn to honor Mr. Vernon Jordon, National Executive Director of the Urban League. Mr. Jordon, Guild members, and the many guests were joined (for an evening of fun and pleasure) by many Western Directors of Urban League.

Many thanks to Mrs. Lois Butler, chairperson, and her committee members, Irene Brown and Dorothy Mason for the beautiful decor. The Guild thanks all the members and guests who made the reception a very enjoyable occasion.

The highlight of the weekend activities was a champagne breakfast at the Esquire Restaurant on June 5th, at 9:30 a.m. Honored at the breakfast was Ms. Cazine Rankins of Los Angeles, California, the Western Regional Coordinator for the National Urban League Guilds and who is presently a candidate for the office of President for the National Council of Urban League Guilds. Ms. Rankins was in Tacoma for the Urban League's annual banquet and the dedication ceremony of Tacoma's Urban League building at 2550 Yakima Avenue.

Ms. Ella Crawford proposed the toast to Ms. Rankins for her many accomplishments and future endeavors. Joining Ms. Crawford in the toast were: Mrs. Clara Cox, Kris Washington, Mrs. Irene Brown, Ms. Dorothy Mason, Ms. Virginia Taylor, Mrs. Lois Butler, Ms. Marie Keys, Mrs. Leola Hill, and the T.U.L.G. President Mrs. Terri Cato.

BLACK WOMAN GETS CONSUMER AIDE POST

WASHINGTON – Constance B. Newman, Vice-chairman of the Consumer Products Commission, has been confirmed by the Senate to become the first Assistant Secretary for Consumer Affairs and Regulatory Functions in the Department of Housing and Urban Development (HUD).

Mrs. Newman's Senate confirmation created the office which will consolidate the agency's various regulatory activities including the Interstate Land Sales Registration program, Mobile Home Construction and Safety Standards program, Real Estate Settlement Procedures Program. And, according to HUD, if Congress passes legislation now being considered, Mrs. Newman's office will also issue regulations on condominiums and energy conservation standards.

A HUD announcement said Mrs. Newman's office will provide a clear access point for consumers, represent consumer interests in departmental policy-making, and find ways to improve HUD communication with consumers by meeting with state and local consumer regulatory agencies.

Mrs. Newman, who holds a B.A. degree from Bates College, Lewiston, Maine, and a B.S.L. degree from the University of Minnesota Law School, began her Federal career as a clerk-typist with the Department of Interior in 1962, and rose through the Civil Service merit system to become Special Assistant to the Secretary of the Department of Health, Education and Welfare in 1970.

Labor & HEW Form Affirmative Action Committe

WASHINGTON - The Departments of Labor and Health, Education and Welfare have appointed a 10-member committee on affirmative action in higher educattion. The committee is part of plan to identify problems and sort out controversy on college campuses, and to help expand job opportunities for women and members of minority groups.

Phila. Police Warned on Hiring Bias

PHILADELPHIA – The Federal Law Enforcement Assistance Administration has notified Gov. Milton Shapp in a letter that unless the Philadelphia Police department comes into compliance with antidiscrimination laws by March 29, the department is in danger of losing thousands of dollars of federal assistance. Discrimination against women has been cited.

Church News

The Bethlehem Baptist Church Young Adult Choir will be having a Hoop-A-Thon at the Malcom X Center on Saturday June 12th, from 2 p.m. to 5 p.m. Each participant will be given 20 shots from the free throw line. The public is invited to come and sponsor one of the choir members in this endeavor. All proceeds go to the choirs travel fund. The choir is attempting to go on tour this summer.

Bethlehem Baptist Church located at 1725 So. "I" St. here in Tacoma will be having its summer session of Vacation Bible School, June 14th Through the 18th, 7:00-9:00 p.m. Under the new Director Moses Harris. The Bible School has adapted a new format. Classess will divided by the following age groups: 1 month-3 years old, 4-6 years old, 7-8 years old, 9-12 years old, Jr. High School, Sr. High School and Adults.

There will be an art and craft workshop each night taught by craft specialists. Refreshments will also be served each night. The cummulation of the Bible School Session will take place Friday evening with a special promotional program, and exhibition of the arts and crafts. The Bible will be read and discussed from a comparative point of view, historical and spiritual.

Everyone is encouraged to join in participation of Vaction Bible School. All are invited. If transportation to and from the church is needed call Bethlehem Baptist Church, 272-3309 or 627-9502. If you have any question concerning Vacation Bible School, please contact Dian Ferguson, 1701 No. Oakes, 752-6321. Rev. Robert H. Davis is the pastor.

BOYS' CLUB NEWS

BOYS' CLUB SUMMER HOURS: On June 14, 1976 the Downtown Boys' Club will be operating on its' summer hour schedule, which is as follows: Monday thru Friday open at 10:00 a.m. until 5:00 p.m., Sat. and Sundays the Club will be closed.

SUMMER CAMPING 1976: The 1976 Summer Camping program for the Downtown Boys' Club is now in progress of signing boys up (ages 8 thru 14) for the summer sessions. There are a limited number of free camperships available, so if you are in need of a free campership, it would be to your boy's advantage if you would sign-up now. The summer camp sessions are as follows: July 12th thru July 17th-1st wk. of camp, July 19th thru July 24-2nd wk. of camp, July 26th thru 31st 3rd wk. of camp, Aug. 2nd thru 7th-4th wk. of camp, Aug. 9th thru Aug. 14th-5th wk. of camp.

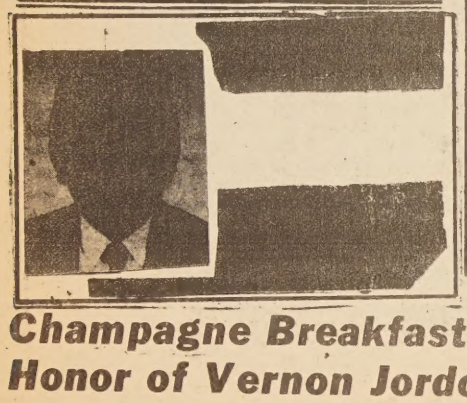
The Summer Camp is located at Lake Tanwax in Eatonville, 24 miles from Tacoma via the Mountain Highway. For more information, contact Jeff Fletcher, Summer Camp Coordinator, at 272-9793.

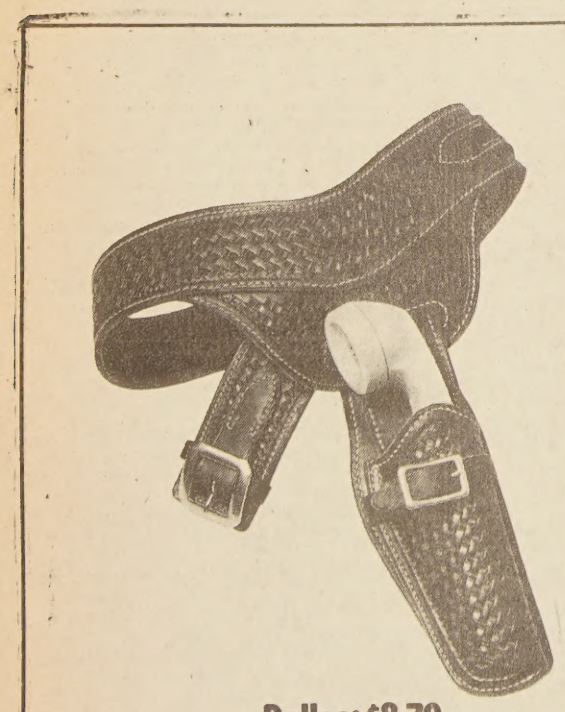
BOXING: On June 9, 1976 at 7:00 p.m. the Downtown Boys' Club Boxing Team will be having a Smoker to be held at the Boys' Club in the upstairs Boxing Room. All Parents, Parents' Club Members, and anyone else who would be interested in seeing our Boxing Team display their talents are cordially invited to attend. Admission is free. This will be our Boxing Teams last boxing event for the season, so be sure to try to attend. For more information call 272-3044.

TIME CHANGE FOR PARENTS' CLUB MEETING: The Parents' Club meeting that is scheduled for June 9, 1976, has a time change. The meeting will be held at 6:00 p.m. instead of 7:30 p.m. This is being done so that you will be able to see our Boxing Team's Smoker at 7:00 p.m. The meeting will be at the Downtown Boys' Club. For more information please call 272-3044.

OUTDOOR WILDERNESS CLUB: If you are interested in hiking, fishing, camping, outdoor fieldtrips, or just sight seeing, you can do all of these activities by joining the Outdoor Wilderness Club. The Club's Summer Schedule is now in progress and they have started taking fieldtrips already. There is no fee for joining, so if you are interested in joining, all you have to do is come down to the Boys' Club, located at 711 So. 25th St, and sign-up in the office or call 272-3044. For more information call call Jim Johnson at 272-3044. Sign-up now and have a SUPER SUMMER!

SHOP FACTS ADVERTISERS





Dallas: $8.70

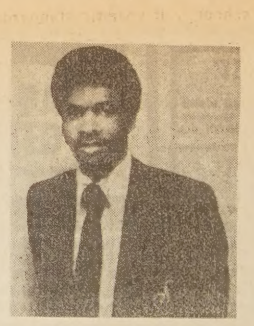
You can call Mesquite, Farmer's Branch, Richardson or anywhere around Dallas, and talk for a full 60 minutes for only $8.70, plus tax.

That's if you call before 8 a.m. or after 11 p.m. and dial direct without operator assistance. Go ahead. Try it sometime.

Pacific Northwest Bell

Get the "Good News" Read All About It!
in THE FACTS Newspapers Seattle Tacoma

Skipper's FISH 'N CHIPS CHOWDER HOUSE



Position: Pre-Management Trainee

We're growing. We offer

1. Over $8,300 first year
2. $8,500 - $12,000 second year
3. Unlimited advancement
4. Incentive bonuses, profit sharing, full medical, dental, educational and other benefits.

We require people

1. To be 21 and over
2. To be motivated toward personal success
3. To be willing to work hard
4. To be capable of moving into restaurant management within two years.

Whether you're male or female, there's a career in the food service business waiting for you.

You don't need a college degree to work for Skipper's. All you need is ambition - the ability to decide your own future, the determination to succeed.

Skipper's restaurants are located in Washington, Oregon, and Idaho with Utah and California opening this year. With this growth comes great opportunity.

For example, Kevin started only 3½ years ago as a part-time employee, entered our restaurant training program, managed several restaurants, and is now part of our National Office management as a training specialist.

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Save Our Children From Crime And Violence

During the past dozen years, especially the last three, we have witnessed with increased alarm, the steady deterioration in the quality of life within the community. This downturn in quality is largely due to the rapid increase in crime and violence.

The tragedy of this increase in crime is that it involves the very young. Indeed, age fifteen is the peak year for youth involvement in crime and violence. The fact that this high rate of crime is nationwide is of little comfort. We gain no solace from the fact that crime is as prevalent in the suburbs as in the inner city, as prevalent among whites, proportionately, as among blacks. This only adds to the difficulties we face.

The reason for the above behavior, with all its component elements are spelled out on a thousand pages. Reams of statistics and analyses have been compiled and used in search of concrete answers and solutions to little avail. The fact is, given our historic economic and social background, there are no reassuring answers or solutions, or even approaches which offer much promise save those involving personal and mass responsibility at the greenroot level -- among all the people of the community. For too long, the sheer magnitude of this problem of crime and violence has kept us frightened into such frustration that we have developed a paralysing fear, and a kind of feeling that we: "Can't Do Everything, Won't Do Anything Syndrome." This we can no longer afford. Although we cannot do all the things required to solve our crime problem, we can do some of them, we cannot do all of them at once but we can begin.

With this in mind, a group of ministers and lay persons, involving the several denominations, within the inner city, supported by the school system, drafted a plan for citizen action, known as: Inter-City Youth Development program. This plan is designed to prevent juvenile delinquency, to steer the youth away from the juvenile justice system, and to reduce serious crimes committed by young people. This can only be done by reaching and correcting youngsters with behavioral problems at the earliest possible age, before undesirable patterns become so fixed that they harden into anti-social attitudes or lead to crime.

Accordingly, we are undertaking in a new and unique way, a massive teaching, training and sharing program, beginning with children from age six through fourteen, and youth and young adults fifteen to twenty-five. The parents, of course, must have a leading role in this effort. This crime problem is literally crying for parental involvement in the solution. Thus we are promoting an active partnership of parents, teachers, school administrators, clergy and students.

Although his sharing of ideas, experiences and professional views will be with and among all parents, special efforts must be made to include those parents whose children do not attend church regularly, have no access to religious training or cultural enrichment which would otherwise be theirs. In addition, we are making every effort to include those situations, where the children are victimized by economic limitation, natural misfortunes or just plain neglect.

Initial action will be carried forward in the following manner:

1. We will hold meetings at designated locations within in the inner city, with representative from the school system, PTA, clergy and from law enforcement agencies. Discussions will be conducted to determine if specific standards of behavior and the training of children can be agreed upon. Specifically, we are seeking agreement of the means to: exclude the carrying of guns, knives, or weapons of any kind of school, avoid the use of drugs, create respect for the property of others, respect for public facilities, and respect for constituted authority, etc. Restoration of basic and traditional values must be emphasized in every phase of operation.
2. A tutoring service is being established to help, where needed, those children, ages six to fourteen, with their reading skills, English and Mathematics, and disciplines, etc.
3. Also, a counseling service is being developed for youth, fifteen to twenty-five, on personal problems, health problems, home life, parenthood, family planning and community relations.
4. Since the use of drugs is such an integral part of the crime problem, we are establishing a special counseling unit to train and emphasize drug prevention. This service is available to churches for thier young people's programs and to the community at large.
5. We are exploring every means of aiding our youth, including scholarships, part-time employment, development of junior enterprises (establishment of centers for car washing, automotive mechanic centers, and various other services). We realize that this is a fertile field for imaginative planning, suggestions and input by all citizens, are welcome, as the highest priority.

To save our children from crime and violence, there are no substitutes for cultivating the good things in their characters, nor is there any substitute for their being taught the pleasure and pride in setting standards and living up to them.

The time has come when we, the blacks of this community, must stop being reluctant to criticize our shortcomings, lest we take away from our fight to obtain full justice. We can correct our character without lessening our zeal. It is time to replace our laziness and complacency, our tendency to look for short cuts and easy answers, with planning, industriousness, and honesty. Our youngsters must come to know that this is not time for the chiselers of high and low degrees, the sleight-of-hand artists, who always know how to gain an advantage without honest work. "They must be taught to set their own difficult goals and become their own hard task-masters."

Blacks Need Faster Economic Recovery

By Page Townsend

WASHINGTON–A faster-paced economic recovery for the nation is an urgent need for the country's black workers.

An analysis prepared by the new Congressional Budget Office for Reps. Perren Mitchell (D-Md.) and Louis Stokes (D-Ohio) shows that the difference between white and nonwhite employment rates has grown from 4.3 percentage points in the fourth quarter of 1973 to 6.1 percentage points in the third quarter of 1975.

This fall, when total unemployment average 8.4 percent, the rate for whites was 7.7 percent and the rate for nonwhites was 13.8 percent.

According to the Budget Office, the gap usually widens rapidly during economic downturns and narrows during recovery from recessions. But it is almost always wider at the end of a recession than at the beginning, and recovery historically has done little to reverse the long-term increase in the gap between white and nonwhite teenagers.

The report said a moderate recovery strategy would result in 6.6 percent unemployment by the end of 1978 but it would not necessarily close the gap between racial groups.

"A faster recovery strategy that would result by 1978 in 4.5 percent unemployment would reduce nonwhite and white unemployment rates further. It is estimated to narrow the difference between them by as much as 0.5 to 2.5 percentage points by the end of 1978," the Budget Office said.

IT IS MORE important to know where you are going than to get there quickly.

WHY BLACKS DON'T LEARN

By Bayard Rustin
President, A. Philip Randolph Institute

I don't know how black parents reacted to a recent national news magazine cover story that asked "Why Johnny Can't Read." Education seems to be yet another one of those problems that becomes a crisis only when it spreads from the ghetto to the suburbs.

Why do minority youngsters do poorly in school? This question has perplexed parents, teachers, and the public for many years and set off bitter confrontations. Some said that the educational system was racist and others that minority youngsters and those from poor families had low aspirations and poor self-image that led to failure.

A recent study of over 700 high school students in San Francisco shows that both views are wrong. The study found that minority youngsters had a positive view of their achievements and efforts. However, the study showed that it was the students who were doing the poorest who got the most praise from their teachers. True, it is precisely those students who are doing the poorest who need the most encouragement. But apparently many minority students didn't know they were doing poor work and were not given an understanding of how much they needed to catch up.

The report also found that black students were receiving assignments that were not sufficiently challenging and were often given grades that were completely unrealistic. For instance, those who simply showed up for classes automatically got a C.

What can we learn from this study? First, black students have a tremendous desire to learn; they correctly see education as a path of upward mobility. Second, black children should be expected to meet the same academic standards as any student. To excuse black students from doing the rigorous and difficult work that must always be part of an education does them no favors. Too often, it leaves them unprepared to make it at the next level of education or in the real world.

Third, we shouldn't see the problems of black students as being a symptom of racism. Even elite colleges have suffered grade escalation that saw lesser and lesser amounts of work required for higher and higher grades. In fact the constant search for racist attitudes has added to the problems. In too many cases do-gooders have put across "enlightened" notions that are merely dressed-up versions of old prejudices. What else is the notion that black students shouldn't be given an F in mathematics if that was what they deserved, but the old stereotype that blacks are inherently stupid?

I suspect that black parents may have a share in the creation of this problem as well. Like all parents, they have sometimes been more concerned with seeing their son or daughter promoted than making sure he or she was getting a real education. In some cities, school boards have, under parental pressure, instituted policies that ... ed students to be promoted even if they had not mastered the material at that grade level.

Community attitudes, crimped educational budgets, oversized classrooms have made it difficult for all teachers to do their jobs, particularly those in inner-city schools. Many minority students fall behind in grad school and never catch up. As they fall further and further behind, they are unable to understand what is being taught in their classes and frequently become discipline problems.

Faced with oversized classes, teachers are unable to give sufficient attention to these students and sometimes heap praise on them despite their poor academic performance in order to prevent the entire classroom from being disrupted. Obviously, we can't expect over-worked teachers to both teach challenging lessons to those capable of learning more and to do remedial teaching for those who need it. indispensable part of improving the education of black children is to increase educational budgets so that teachers can give proper attention to students with problems in reading, mathematics, or other subjects.

Despite all the problems that remain to be solved all is not bleak for blacks in education. Blacks are entering college in roughly equal proportion to the percentage of blacks in the general population. But their dropout rate is significantly higher than that of whites. A lack of thorough preparation for college work is one reason for this higher dropout rate. As black parents have always known,there is no substitute for a real education.

TO HIS NEIGHBORS he was obviously mad. They had heard from his gardener how he would spend weeks on end watching earthworms crawling around in the dirt. Having been told that the sound of music affected the growth of plants, he employed a man for a month to play a trombone to a row of beans.

The man was Charles Darwin.

A TEXAS WOMAN who taught piano to the neighborhood children had a small son. One day, at the age of three, he insisted that she teach him to play too. Twenty years later he was the virtuoso sensation of Russia and the United States. His name was Van Cliburn.

Maybe that's the best way to get children interested. Don't force an activity on them. Do it with someone who is slightly older so it looks like a special privilege. Make them beg to get into the act.

Blacks In College Steadily Increasing

College enrollment of Black students continues to rise as they become a larger proportion of the total student population, according to a report released by the Bureau of the Census, U.S. Dept. of Commerce.

The report shows that the estimated total of Black college students rose 19 percent during 1973-74 from 684,000 to 814,000 and 56 per cent since 1970 when the estimated Black enrollment was 522,000. Black college students were nine percent of the 8.8 million total of college students in 1974 as opposed to only about five percent of the 4.6 million in 1964.

Although Black enrollment has approached parity with white enrollment in the past 10 years, differences remain among college classes. For example, the report shows that there is a substantially smaller proportion of Black students in the senior year than in the freshman year.

In the freshman year, Blacks accounted for about 12 per cent of college students in 1974 - about the same as the overall black proportion in the population. However, they made up seven percent of all college seniors. Four years earlier they were nine percent of all freshmen and five per cent of the seniors, not significantly different from the proportion of seniors in 1974.

College dropout rates have been substantial for all groups; Black, white, male, and female, the report also points out. Among all students 16 to 34, there were twice as many freshmen as seniors in 1974; among Blacks three times as many students were freshmen as seniors.

Although some of the difference between the totals of freshmen and seniors in each year may be due to increases in freshmen enrollment over time, a substantial part of the difference in 1974 was caused by dropping out in the first few years of college.

Men who enroll in colleges as freshmen are more likely than women to remain through four years of college, according to the report. Although college participation of other groups has been increasing, white men still made up 49 percent of 1974 college students. They constituted 44 percent of freshmen and 54 percent of seniors in 1974.

In 1971, when most of the 1974 seniors should have entered college, white men made up about 49 per cent of the freshman class. White women, on the other hand, began college as 40 percent of the freshman class in 1971 and remained about the same proportion as seniors in 1974. Black students began college as 9.5 percent of the freshman class in 1971 but constituted seven percent of the seniors three years later.

Other findings in the report are: both Black and white college students were likely to be attending college fulltime in 1974. About three-fourths of the 16 to 34 year old college students in each group were attending fulltime.

YOUR GARDEN
Tips To Help You

THE LAWN BELOW

If you're a homeowner, you probably take a lot of pride in having a good-looking lawn. One way you can help to keep it a thing of beauty is to be alert to the presence of pests that might threaten it.

When you look at your lawn are you confronted with any yellow or brown patches? You could have sod webworms, the larvae of lawn moths that fly over a lawn of early evening. The webworms chew off grass at the soil line and bring it into their web-lined tunnels. Areas of dead

turf appear; these areas merge as more eating goes on and your lawn is on its way to ruin.

Or maybe you have chinch bugs? They're small black and white insects that suck plant juices from grass plants and cause yellowing of turf in spots. To find out it you have chinch bugs, remove both ends of a coffee can, push the can halfway into the outer rim of damaged turf and fill with water. Chinch bugs will float to the surface.

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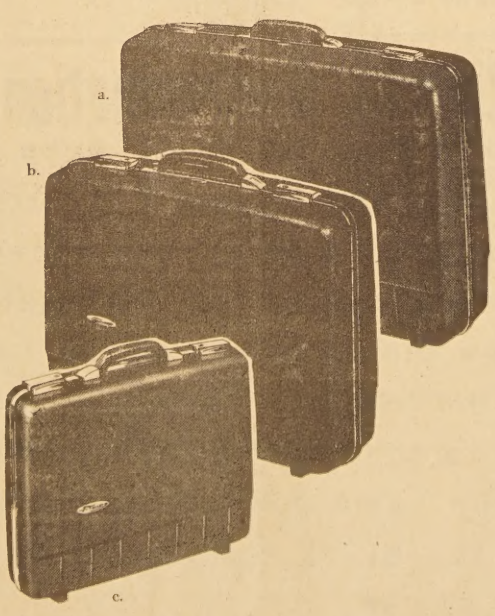

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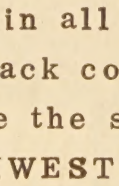
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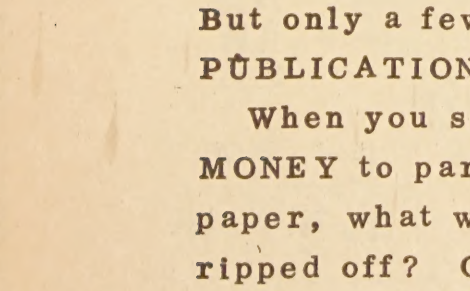
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The Washington State Department of Social and Health Services Division of Adult Corrections will hold a public hearing on July 1 at 1:00 P.M. in the Community Meeting Auditorium of the Cascade Natural Gas Company located at 324 West Rose Street, Walla Walla, Washington.

The purpose of the meeting is to present to the public the proposed plan to put into operation a vehicle maintenance service in the recently completed Motor Vehicle Building located at the Washington State Penitentiary. This will be a cooperative program developed conjointly by Walla Walla Community College, the Prison's Education Department and Institutional Industries. Any state, county, municipal unit of government, and/or other tax supported agencies (i.e. school districts) may utilize this service when it is implemented.

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Vicki Clark

RAP TIME

DRUGS: FRIENDS OR ENEMIES-CONCLUSION

In late 1970, federal laws governing the control of narcotics excluded marihuana from the narcotics classification. Since then not only law officials, religious leaders, educators and the general public has been up in arms over the question of the legality of the use and of the possession of Marihuana.

A mood and sense altering substance, marihuana usually consists of crushed cannabis leaves and flowers and often twigs. Cannabis sativa is an herbaceous annual plant that grows wild in temperate climates in many parts of the world.

Even though marihuana has been excluded from the narcotics classification its possession and use are still illegal in most states and fines and penalities are stiff. In a few states, California being one of them, possession has been reduced to a lesser crime and penalities and fines rate low, in the category of a traffic ticket. The impression that marihuana is a harmless drug has been fostered by the low content of active material in American samples. This is the reason so many people are in favor of lowering or dropping penalities altogether.

At present the use of marihuana in medical practice is not presently recognized. The effects of Marihauna are close related, that is they are dependent upon the content of active material in the "joint," or small cigarette like object that the marihuana is rolled into. The marihuana leaves, twigs etc. are rolled into a small sheet of cigarette paper and the contents are smoked. The immediate physical effects of smoking one or more marihuana cigarettes include, throat irritation, increased heart rate, reddening of the eyes, occasional dizziness, incoordination or sleepiness and increased appetite, or the munchies.

If these effects sound like those of one who has been drinking alcohol they are similar. It has been said that marihauna gives one a "high" or a slightly warm feeling, of simulated contentment and joy. Among the effects described are feelings of exhilaration, and conviviality but there is also distortion of time and space perception and there may be disturbance or psychomoter activity which would impair driving and other skills.

In some individuals and with excessive use of "grass," another name for marihuana, a psychotoxic reaction resembling a "bad trip" on LSD may occur.

The number of individuals who have tried marihuana even among teenagers and pre-teens is alarmingly high. even though it is illegal "grass" and is very easy to get on the streets from pushers or those working for pushers.

Even though marihuana has been excluded from narcotics classification, and penalities are becoming lighter for its use and possession it is still something that you can do without. It clouds the mind and alters the judgement and the best thing that you can do as far as "grass" is concerned is to steer clear of it.

The St. Louis area offers help to those who are having problems with drug abuse, here are a few references, check your yellow pages for more:

NASCO HOTLINE -2305 St. Louis- 436-2832 or 241-0050
Teen Challenge of St. Louis -5244 Washington - 367-2225
Methadone Clinic - 3927 Olive, - 534-3772... County Drug Abuse Prevention Office, 555 S. Brentwood, 889-2881

UC Gets $25,000 for Minority Journalists

BERKELEY – The University of California at Berkeley has received a grant of $25,000 from the John and Mary Markle Foundation of New York to aid a summer program for minority journalists at the university.

The grant made through the California Alumni Foundation will add to private support for the intensive training effort, which is set to offer its first session next summer in Berkeley's School of Journalism.

Stemming from a previous New York-based program at Columbia University, the Berkeley session will recruit promising students with little or no previous exposure to journalism, give them intensive summer instruction under top-flight journalists serving as teachers, and then place them in guaranteed jobs.

Supporting grants have already been received from the William R. Hearst Foundation of San Francisco, the Times Mirror Foundation of Los Angeles, and Forbes Magazine.

In a university related matter, the Berkeley campus recently bought a large collection – some 1,200 theses on Afro-American themes written for doctoral degrees at colleges and universities throughout the U.S.

The dissertations cover all aspects of the Black experience in this country, from earliest days to the present. They also include several studies on Blacks in the Caribbean. The collection was purchased through the joint efforts of the Afro-American Studies Department and General Library.

NAACP: To Double Membership

NEW YORK – The National Association for the Advancement of Colored People has enlisted the support of more than 200 prominent Blacks to aid it in a national campaign to more than double its 500,000 membership this year.

In a recent closed door meeting, more than 50 of the Blacks spanning the fields of business, politics, sports, civil rights and entertainment were asked advice on such things as updating and modernizing the organization's fiscal, administrative and public - relations systems.

The association, which is currently experiencing financial difficulties, is also conducting a national search for a new executive director. Roy Wilkins has already announced that he will retire at the end of this year.

Wilkins, reminiscing, said that the closed session was like the meeting of "that small, concerned group" that met 67 years ago in a session that "led to the formation of the NAACP."

This new group has been named the Council of NAACP Friends and will conduct the "Soul of '76" membership drive.

J.J. Jones, the second-string quarterback for the New York Jets, reportedly said many Blacks in sports and entertainment would readily agree to help the NAACP.

Other members of the group include; Manhattan Borough President Percy Sutton; National Urban League Executive Director Vernon Jordan, and Dr. A.J. Franklin, president of the National Association of Black Psychologists.

Sorority to Meet

Mrs. Charles C. Clanton Jr. will host the last meeting of Zeta Omega Omega Chapter, Alpha Kappa Alpha Sorority before recessing until Sept. The group will meet Sunday, June 13th at 2.p.m. in the garden of her Lakewood home. She will be assisted by Miss Mary L. Barnes.

Zeta Omega Omega is calling for all AKA's to contact Mrs. Clanton, 967-2703 or 582-2561 immediately! Inactive Alpha Kappa Alpha members are invited as special guests. Graduate women from Fort Lewis, McChord Air Force Base, Madigan Medical Center and Tacoma form the membership of the local Alpha Kappa Alpha organization.

President Audrey Russell will discuss the national convention to be held in New York City during July; Miss Myrt Gowdy will preview educational programs and projects for the final six months of the year. Following the training period, a patio picnic buffet will be served which will conclude with health and happiness toasts from a traditional Bavarian Erdbeer Bowle.

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Inmate Graduation

There was a lot of joy in the McNeil Island Penitentiary last week during joint graduation ceremonies for inmates graduating from Pacific Lutheran University, Tacoma Community College, GED testing and vocational training and apprenticeship programs.

The watch tower was still there, and the locked gates, and the fencing. But even the guards wore smiles as the diplomas were delivered to inmates during special cermonies in the penitentiary chapel. Twenty-seven were given diplomas from TCC. One earned a Bachelor's degree from PLU, and 39 earned high school diplomas or vocational certificates.

Neatly pressed prison garb was covered by caps and gowns, and the academic procession was in full regalia.

Flowers from the prison gardens decorated the chapel platform.

The mood was set by a prisoner who sang "Somewhere Over the Rainbow." And as each inmate walked forward to receive his diploma there were spontaneous bursts of applause.

Cries of "right on!" and "all right!" punctuated the awards as certain candidates' names were called. Some walked forward several times to receive GED diplomas, vocational training and apprenticeship diplomas and a Bachelor's degree.

Outside, afterwards, the graduates and their supporters met over food and lemonade. Access to the garden is usually only permitted for special reasons.

It seemed that behind those walls at least some residents had begun to build a dream.

"BLACK JOURNAL" PRESENTS HIGHLIGHTS OF SERIES' EIGHT YEAR COVERAGE OF THE BLACK COMMUNITY ON SPECIAL EDITION "PAGES FROM HISTORY" APRIL 13

NEW YORK -- Over a period of eight years, BLACK JOURNAL, television's longest-running Black public affairs program, has reported the events, personalities and trends of the nation's Black community. "Our role in television has been unique," host and executive producer Tony Brown said. "We have served a community traditionally not reported on at all, or not reported adequately."

For the last program of its 1976 season, BLACK JOURNAL presents a special edition, "Pages from History," highlighting some of BLACK JOURNAL's most noteworthy programs.

Produced by WNET/13, New York, BLACK JOURNAL will be distributed nationally by the Public Broadcasting Service to its member stations, Sunday, April 18, 1976, 6:00 P.M. EST. (In New York, WNET/13 will air the program at the same time, with a repeat broadcast scheduled for Friday, April 23, 11:00 P.M.)

BLACK JOURNAL is produced with the assistance of a grant from Pepsi-Cola Company.

PRESIDENT Ulysses S. Grant was in his bedroom writing a message to Congress when a caller's card was brought in by a servant. The officer on duty, feeling sure that Grant did not want to be disturbed, said to the servant: "Say that the President is not in."

Grant, overhearing the remark, turned in his chair and called out: "Tell him no such thing! I don't lie myself and don't want anyone to lie for me!"

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Protecting Your Healthy HOME
BY BARBARA ROBERTS

Barbara Roberts, Director of Consumer Affairs at National Pest Control Association, 8150 Lessburg Pike, Suite 1100, Vienna, Va. will send readers a free household pest control booklet upon request. Please include self-addressed stamped envelope. Questions of wide interest will be answered in this column.

Q. I've been reading a lot recently about The Super Rat. What is it? How do we combat it?

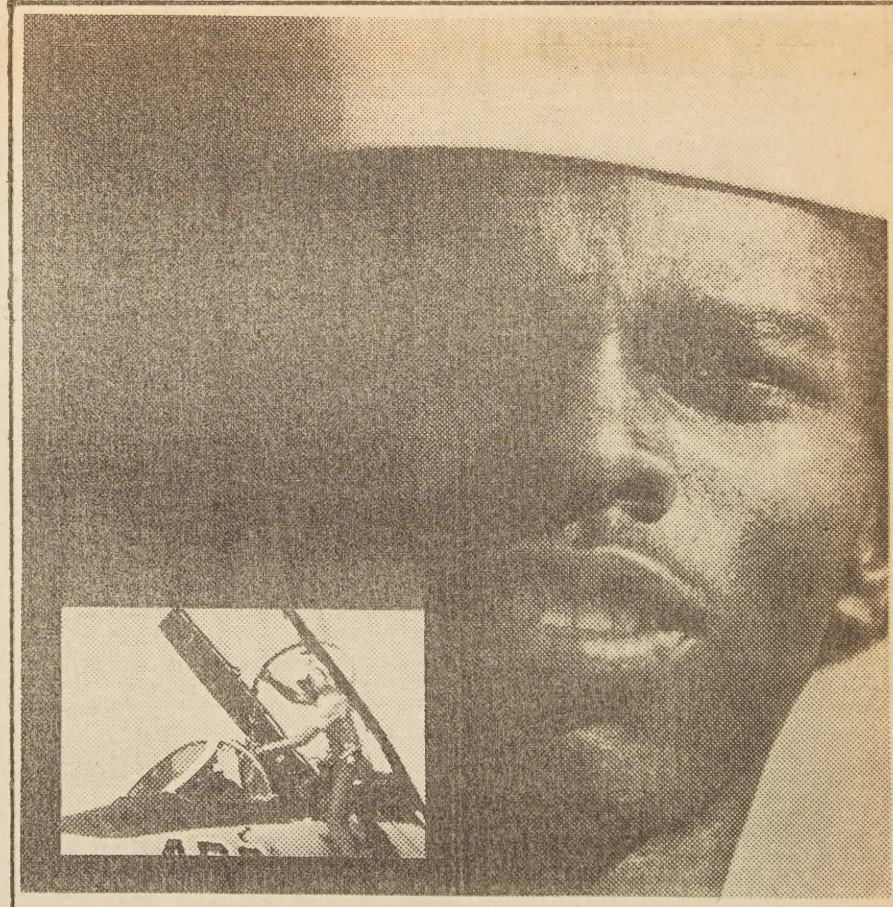
A. The Super Rat, not new to the U.S., has been here for centuries known as the Norway Rat. What is new: some Norway Rats have developed resistance to anti-coagulant-type of rodenticides. Anti-coagulants, which normally block the use of vitamin K in building blood-clotting proteins, are widely used in rat control because they are effective and relatively safe for humans.

Resistance to anti-coagulants reflects the rat's great genetic and biological adaptability to man's modified environment. This adaptability makes rats the earth's most destructive wild vertebrate group. An estimate 1/5 of the world's food is never eaten because of rodent damage.

To fight Super Rat populations on the short-term, pest control specialists know how to use acute toxicants in ways to safeguard children and pets. On the long-haul, we must (1) discover and develop new toxicants (2) improve bait formulations (3) eliminate environmental conditions that support rats and (4) work for better sanitation methods.

Work to cut off rat food supply and eliminate places where rats live (lumber, rock piles, rubbish, boxes, garbage refuse, old equipment and construction materials). Store food in metal containers 12 to 18 inches off the floor.

If you see a rat, call in a pest control specialist. If you see one rat, you can assume you have a problem. Remember, rats carry disease and will bite if cornered.



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BLACKS AND THE BICENTENNIAL

2

The celebration of the American Bicentennial has produced mixed feelings among the more than 30 million Blacks in the United States. The historical experience of Black and White peoples in America offers extreme political, economic and social contrast. Black experience in America is about slavery, oppression and struggle. The struggle for Black freedom and independence has not yet ended. Conversely, discovery, conquest and world domination constitutes the legacy of White Americans.

Yet there are prominent Black leaders and noted Black scholars who insist that the American Bicentennial is relevant to Blacks, and that we should join various municipal, county and state bicentennial commissions in celebration of the event. This group bases their opinions on the fact that we must make America aware of the significant contributions black people have made in the development of America. Other equally renowned Black spokesmen and historians have indicated a resounding 'no' to any participation on the part of Blacks in celebration of the bicentennial. This reasoning is that America has still not lived up to its Constitutional commitment and moral pledge of equal protection under the law, and equal opportunity for all Americans regardless of race or color.

The crux of the controversy is in the concept of the term "celebration." Obviously, white citizens of America have much to celebrate. It is customary and fitting to mark conquest, triumph and prosperity with festivity. Conversely, it would be abnormal or somewhat masochistic for Blacks to celebrate the denial of full citizenship evidenced by economic disparity and political oppression for the past 200 years. Independence and freedom, which is the basis of the bicentennial celebration, has yet to be achieved by American Blacks.

Nevertheless, 1976 signifies a landmark in the elapse of time since Blacks have been a part of American history and development. It is inevitable and imperative that we give recognition, but not celebration to this momentous fact.

Census figures cited in 1973 that the median income for Black families was only $6,860 compared to $11,550 median income for white families, which indicates the lack of progress Blacks have endured the past centuries. While the "poverty level" of white families has declined, there has been an increase in the number of Blacks living in poverty. Current statistics of 1976 revea that in most urban and rural areas Black unemployment rates range from 12 to 30 per cent compared to a national rate of 7.6 percent. White students pour from professional schools, colleges and universities at an overwhelming geometric rate while Blacks egress at a much slower arithmetic rate because of the lack of equal income and educational opportunity. These are but a few of the economic inequities and political disparities that exist for Blacks after 200 years of American independence and freedom.

Blacks certainly should not celebrate, but should deplore the billions of dollars that are being used to promote the pomp and pageantry of the Nation's bicentennial. These funds could be more appropriately used to rectify economic inequities by lifting the veil of ignorance and the state of poverty from millions of Black Americans.

It would be politically naive for Black people to join in the celebration with various municipal, county and state bicentennial organizations or groups unless the issues of continued institutional racism and Black oppression are addressed. For if truth and integrity is to prevail in recognition of the Bicentennial, America's strengths and weaknesses, triumphs and failings must be presented.

A celebration by all Americans with all Americans can hopefully occur within the next Tri-centennial. Assuredly, by then black and white Americans may celebrate in truth and in spirit the fulfillment of America's promise of freedom and justice to all.

Talmadge Anderson
Director of Black Studies
Washington State University

Help Heal Your Headache

You may be giving yourself a pain in the neck . . . and the head. One of the most common kinds of headaches is caused by tension in two ways.

When a person is confronted with a difficult situation, his natural reaction is to tense up the muscles in his neck and head, as if ready to fight. This tension caused by tension can lead to pain, which causes more tension, more tightening and more pain. Pretty soon, you have a full blown tension headache.

To get rid of it, there are generally two things you can do. One is to relax, getting rid of the tension and so the pain. For faster relief, you can take a pain killer, but you have to be careful what you take. The wrong pill can lead to more problems. Even something usually considered harmless, such as aspirin, can carry certain risks. For people with allergies, asthma, stomach troubles, or those taking anticoagulants or uricosuric drugs for gout aspirin can cause unwanted effects. An alternative source of relief is Tylenol® analgesic products.

Fortunately no matter what you take for it, you don't have to worry about your headache driving you crazy. It has been found that headaches are virtually non-existent among mental hospital patients.

GOLD

Gold defiles with frequent touch; There's nothing fouls the hand so much.

The Wall Street West Report

by Abe Moore

Revived demand for packing material makes waste paper a hot item again, reported the Wall Street Journal.

The demand was dormant for many months during the recession as prices skidded and many mills simply weren't buying the stuff. But buying has expanded recently as the improved economy has broadened demand for packaging boxes and other products that use recycled waste paper. About 22 percent of the fiber used to make new paper and boxes comes from recycled waste paper.

Barron's reported that in New York, the state legislature passed an American Stock Exchange-sponsored amendment to the state's tax law last week. As a result, option activity by large private investors and partnerships who trade heavily, is now exempted from the state's unincorporated business tax. In other words, options traders now rate the same tax-treatment as stocks or bonds traders.

For further information, please contact Foster & Marshall in Seattle, Washington at 205 Columbia or call (206) 244-2453.

I like business because it is competitive, because it rewards deeds rather than words.

I like business because it compels earnestness and does not permit me to neglect today's task while thinking about tomorrow.

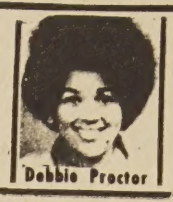
I like business because it undertakes to please, not reform; because it is honestly selfish, thereby avoiding hypocrisy and sentimentality.

I like business because it promptly penalizes mistakes, shiftlessness and inefficiency, while rewarding well those who give it the best they have in them.

Lastly, I like business because each day is a fresh adventure.

R. H. CABELL

The Gourmet Corner



Debbie Proctor

Food Editor
Jocelyn C. Owens

KING CRAB.....Spaghetti a la King Crab is the kind of entree that really hits the spot after an active day in the great outdoors, hiking, fishing, swimming or biking. Unlike the more traditional variety of spaghetti sauce, which achieves its good flavor from long slow cooking, this tasty mixture needs only a gentle heating of ingredients.

A nice accompaniment to the main dish is a salad of crisp romaine lettuce, buttery avacado and radish slices coated with a well-seasoned dressing. Bread sticks and a dessert of fresh fruit and assorted cheeses add to the Continental feeling and easy preparation of the menu.

SPAGHETTI A LA KING CRAB

1 lb. Alaska King Crab	1 bunch green onions, sliced	½ tsp. Italian seasoning
2 tblsp. olive oil	2 medium tomatoes, diced	½ tsp. salt
½ cup butter	½ cup chopped parsley	1 lb. spaghetti
4 cloves garlic, minced	2 tblsp. lemon juice	Parmesan croutons

Slice fresh King Crab across the grain. Heat oil and butter. Add garlic and saute gently. Add crab, green onions, tomatoes, parsley, lemon juice, Italian seasoning and salt. Heat gently 8 to 10 minutes. Cook Spaghetti in boiling water (salted) just until tender. Drain spaghetti. Toss with King Crab mixture and Parnesan croutons. Pass additional grated Parmesan cheese. Serves 6.

HONEY YOGURT COFFEECAKE

1½ cups flour	½ tsp. salt	1/3 cup honey
1 tsp. baking powder	1 egg	3 tblsp. melted butter
½ tsp. baking soda	1 cup plain yogurt	

Sift flour and all dry ingredients. Combine the egg, yogurt, honey and melted butter and mix well. Stir into the sifted ingredients and mix well. Turn into a buttered 9" square pan and cover with the honey topping. Bake in a preheated hot oven (400 degrees) for about 30 minutes or until done. Serves 8.

HONEY NUT TOPPING

¼ cup butter	4 tblsp. flour	¼ cup chopped nuts
¼ cup sugar	¼ cup honey	

Cream the butter, stir in the sugar, flour and honey and mix well. Add the nuts.

Mr. and Mrs. Edward Owens of La Meditarranean Delicatessen are on a Bicentennial Tour gathering recipes to share with the readers of THE FACTS Newspaper. Watch June 30th for the first recipes.

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So this summer, remember United when you're planning your family vacation to the East. Ask your Travel Agent for details on money-saving vacation fares. Or call United at 682-3700 (in Tacoma at 927-6700).

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At last. A home rehabilitation loan.

One of the complaints you hear about lending institutions is that, if you can get one to make an improvement loan on an older home, the terms and interest rates are just plain out of reach for a lot of people. So, a lot of solid old houses that could be made into attractive and comfortable places to live, don't get to be.

At Washington Mutual, we think it's time that changed. We think it's time more owners of older homes were able to borrow enough to rehabilitate them. Not just patch them up. Rehabilitate them. What's more, we think the money should be a whole lot easier to pay back than it has been up to now. We figured the only way to do that was to lower the payments. And, realistically, the only way to significantly reduce payments is for the bank to accept a lower interest rate. Even though that reduces our own yield, Washington Mutual has made the decision to do just that.

We call it the Washington Mutual 8-10-12 Home Rehabilitation Loan. Sounds complicated, but it's really pretty simple. The basic idea is to reduce the interest rate at the beginning of the loan, when making payments is usually most difficult. By state law, the maximum loan we're allowed to make is $9,500; the maximum term is 15 years. The interest rate changes during the term of the loan as follows: 8% for the first 5 years; 10% for the next 5 years and 12% for the last 5 years. There's no prepayment penalty. You can pay the loan off any time with no additional charge. There is no loan fee. There are title insurance and recording fees.

Here's an example of how it works: A typical $8,000 home improvement loan (11% over 7 years) would require a monthly payment of about $137. Under Washington Mutual's new 8-10-12 program, payments would be about $76 for the first 5 years, $83 for the next 5, and about $87 for the final 5. The ANNUAL PERCENTAGE RATE on the loan, if carried out to maturity, would be 9.25%. Total payments would be $14,760.

Probably the most important difference in the 8-10-12 program is this: Eligibility for the loan will be based on the applicant's credit strength, not the location of the property or the age of the house. There are a few specific requirements: 1) The program isn't for do-it-yourself projects. A licensed contractor must do the work and the job must be inspected according to the building permit. 2) Washington Mutual must be in at least a second lien position and we're unable to loan money on property being purchased on contract. 3) The proposed rehabilitation must improve basic livability or reduce future maintenance costs and is not intended to finance improvements of a luxury nature.

To make your older home more like new for a manageable monthly payment, call any Washington Mutual office. Ask for information about the 8-10-12 Home Rehabilitation Loan.

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